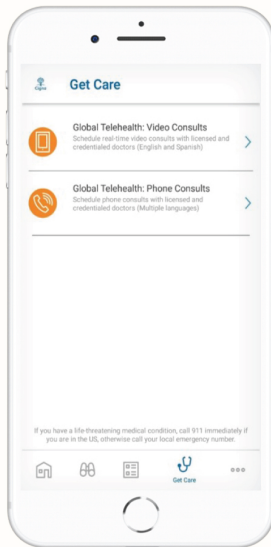


TELEHEALTH QUICK START GUIDE

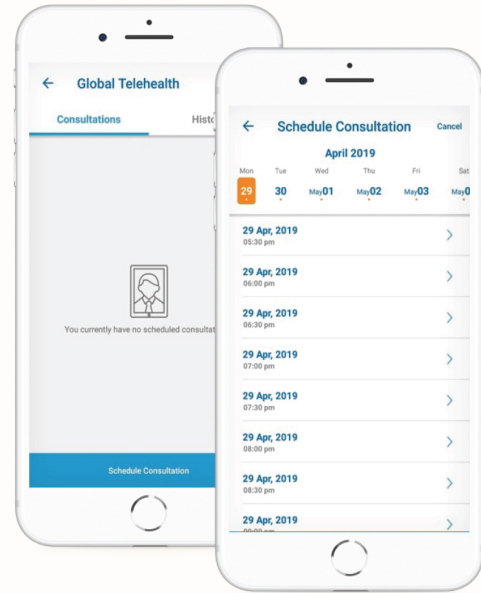


Access Telehealth on the Cigna Wellbeing App®

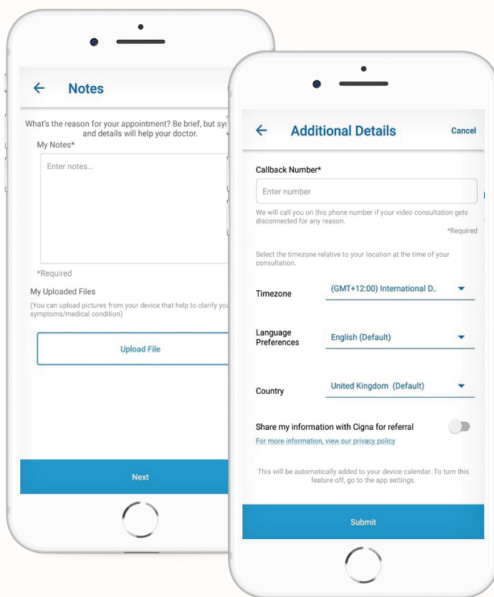
1 After logging in to the **Cigna Wellbeing app**, tap on **Get Care** at the bottom navigation menu and select **video** or **phone consultation**.



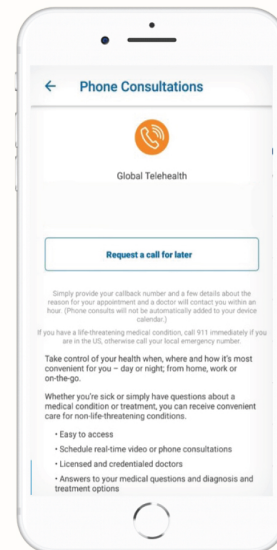
2 For a video consultation tap on **Schedule Consultation** and select the date and time that is most convenient for you.



3 Provide a description of the reason for your appointment, upload any relevant files, enter the additional details required and tap on **Submit**.



4 For a phone consultation, call the direct phone line to schedule an appointment* or enter your details and request for a doctor to call you.



*Callback function is recommended as additional charge for direct calls to the USA from a number outside of the USA may be applied.

